

# Academy News

14th June 2024



Dear Parents / Carers,

I want to take a moment to express our heartfelt gratitude for your ongoing support regarding the upcoming changes to our school's uniform policy. Your cooperation and understanding are crucial as we work towards implementing these adjustments, and we appreciate your patience and feedback during this transition period.

We believe that establishing clear expectations and consistent consequences is crucial for the development of our students. By doing so, we can create a positive, structured environment where every child can thrive. Your role in this process is invaluable, and we deeply appreciate your partnership in reinforcing these values at home.

Further to these changes, we are revising the rhythms of the school day. From September 2024, the times of day will be as follows:-

Registration / Assembly	8.40am - 9.00am	20 minutes
<b>Lesson 1</b>	9.00am – 10.40am	100 minutes
Break	10.40am – 11.00am	20 minutes
<b>Lesson 2</b>	11.00am – 12.40pm	100 minutes
Early Lunch / Detentions	12.40pm – 12.55pm	15 minutes
Lunch	12.55pm – 1.35pm	40 minutes
<b>Lesson 3</b>	1.35pm – 3.15pm	100 minutes
End of School	3.15pm	

## Calendar / Upcoming Events

21st June : Year 11 Leavers' Day and Prom

25th - 27th June : KS3 Maths exams (details shared separately)

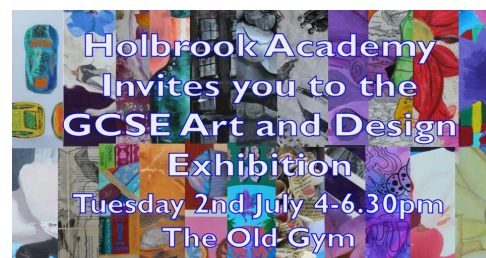
2nd July : Transition Day for new Year 7 students

2nd July : GCSE Art & Design Exhibition

4th July : Transition Evening for new Year 7 parents/carers

15th-19th July : Activities Week

19th July : End of term



The rationale behind 100-minute lessons is grounded in various practical and pedagogical advantages:

### Pedagogical Advantages:

- Enhanced suitability for practical subjects like PE, art, food, tech, and science.
- Comparing the time spent in 5 x 1-hour lessons versus 3 x 100-minute lessons reveals equivalent learning time, with the latter model saving significant instructional time on transitions and setup.
- The extended duration of 100-minute lessons allows for comprehensive teaching methods, including retrieval, concept introduction, modelling, practice, review, discussion, and application, enriching learning experiences.
- Opportunities for teachers to aid students in transferring learning from short-term to long-term memory, providing context, and deepening understanding through application.

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## Practical Advantages:

- Reduced time spent traveling between lessons due to having only three lessons per day.
- Purposeful movement of students to break, lunch, or home after each lesson, minimizing distractions.
- Proper breaks for both students and teachers between lessons, facilitating a refreshed start for the next session.
- Limited focus on only three lessons, eliminating constant switching between subjects and creating a calmer school environment.
- Decreased burden on students carrying fewer books and materials throughout the day.

There is acknowledgment that concentration for 100 minutes is challenging for anyone, emphasizing the importance of planned activities to facilitate focus shifts approximately every 20 minutes. Strategies such as movement breaks and a change of activity. Emphasis should be placed on effective lesson planning rather than solely on the length of the lesson to address these concerns.

If you have any questions about this or anything else relating to the Academy, please do not hesitate to contact me.

George Anstee-Parry  
Acting Headteacher

### Improving School Attendance

Please follow the links for information on the importance of school attendance:-

[How to improve your child's school attendance and where to get support](#)

[Is my child too ill for school?](#)

### Parent View

If you have not yet done so, please take a moment to complete the [Ofsted Parent View](#)

### Safeguarding Information

During school hours, please contact Mrs Sarah Watson (Designated Safeguarding Lead) or Miss Crabtree (Deputy Designated Safeguarding Lead) or ask to speak to a member of the Safeguarding team - 01473 328317

At all other times, please contact Customer First : 0808 800 4005 or  
If you believe there is an emergency and a child is at risk of **immediate harm** please call the Police on **999**.

### Catering Survey

As the Academy's catering provider, Caterlink have asked us to share the following link with parents/carers to obtain feedback on the service they provide.

<https://www.surveymonkey.com/r/CN9XYWJ>

The survey will close on 31<sup>st</sup> July, following which feedback will be provided to us.

### Useful Information

Links to support services:-

**Childline:** 0800 1111

[The Wellbeing Hub 'Teen Tips'](#) Log in information was provided to parents/carers on 26th May. Please contact the office if you would like the information sent to you directly.

**Online bullying** [www.thinkuknow.co.uk/](http://www.thinkuknow.co.uk/)

**Kooth** - Online counselling service and peer to peer support for young people aged 11-25: [www.kooth.com](http://www.kooth.com)

**Emotional Wellbeing Gateway website (Suffolk Infolink Directory)** – Information, advice and guidance on common mental health issues. Access to mental health services like the Emotional Wellbeing Hub  
[www.emotionalwellbeinggateway.org.uk](http://www.emotionalwellbeinggateway.org.uk)

**The Source website for young people** – Sources of information and advice important to young people in Suffolk, including emotional wellbeing support: [www.thesource.me.uk/wellbeing](http://www.thesource.me.uk/wellbeing)

**Mental Health Crisis** – Call 111, option 2

**Sexual Assault:** Call NSPCC 0800 136 663 or [help@nspcc.org.uk](mailto:help@nspcc.org.uk)